

## Brunch

### Healthy Start 26

two free-range poached eggs, cherry tomato salad,  
avocado, fresh fruit & berries

*choice of toast*

### Avocado Toast 23

toasted brioche, two free-range poached eggs, avocado,  
roasted goat cheese, cherry tomato salad, micro greens & olive oil

### Eggs Benedict

two free-range poached eggs, toasted English muffin, hollandaise, breakfast potatoes

**grilled tomato & avocado 23**

**traditional Canadian back bacon 25**

**smoked steelhead & buttered crab 29**

### Croissant Sandwich 24

two free-range eggs scrambled, crispy bacon, Gruyère, arugula, fresh fruit & berries

### Two Eggs Breakfast 21

two free-range eggs any style, breakfast potatoes,  
choice of Canadian back bacon, double smoked bacon, or chicken sausage

*choice of toast*

### Chorizo Breakfast Tostada 27

crisp corn tortillas, two free-range eggs any style, avocado,  
salsa fresca, pickled red onion, Two Rivers chorizo, roasted goat cheese,  
cilantro, house-made hot sauce

### Mushrooms & Toast 27

toasted brioche, foraged & cultivated mushrooms,  
bacon lardons, agrodolce, veal jus, sunny-side-up eggs

### Hazelnut Crusted Brioche French Toast 26

brioche, berries, maple syrup

## Breakfast Enhancements

**Chicken Sausage 7**

**Double Smoked Bacon 8**

**Breakfast Potatoes 5**

**Gluten Free Toast 6**

**Toast 4**

**Fresh Fruit 9**

**Sliced Avocado 4**

**Canadian Back Bacon 6**

**Free-Range Egg 3**

**Sliced Fresh Tomato 4**

## Smoothies

### We're Jammin 16

peanut butter, raspberries, bananas, hemp hearts, oat milk

### Smooth Earl 16

mangos, bananas, yogurt, earl grey tea, milk, vanilla whey

### Good Day Sunshine 16

blueberries, blackberries, spinach, green apple, orange

## Brunch

### **Ocean7 Caesar Salad 21**

romaine hearts, prosciutto, Grana Padano,  
caper berries, confit garlic, crostini

### **Seasonal Organic Green Salad 18**

organic greens, shaved vegetables,  
choice of house dressings

### **Pacific Mist Spa Bowl 21**

short grain rice, cucumber, marinated greens, carrots & beets, hemp hearts,  
house pickled vegetables, tahini dressing

### **Enhancements: Free Run Chicken Breast 13**

### **Garlic & Herb Prawns 19 Arctic Char 17**

### **West Coast Seafood Chowder 24**

local seasonal fish, shellfish, bacon, Yukon gold potato,  
cream, fine herbs, baguette

### **Green Curry & Coconut Salt Spring Island Mussels 30**

garlic, carrot, ginger, pickled vegetable salad, baguette

### **Wild Mushroom Flatbread 24**

Grana Padano, arugula, truffle aioli, confit garlic

### **Brant Lake Wagyu Beef Flat Iron 35**

textures of onion, asparagus, sous-vide carrot,  
confit potato, egg yolk jam, black garlic veal jus

### **Aqua Bistro Double Double 28**

ground chuck, American cheddar, bourbon & red onion marmalade,  
honey cured bacon, bistro sauce, crispy onions, brioche bun

***choice of pommes frites or organic green salad***

### **Pappardelle Wagyu Bolognese 29**

Prontissima pappardelle, ground Brant Lake Wagyu beef,  
charred baguette, parmesan mousse, basil

### **Korean Fried Chicken Rice Bowl 29**

sticky rice, kimchi, yuzu mayo, cucumber,  
julienne carrots, scallion, cilantro

### **Crispy Skin Arctic Char 30**

soubise, potato gnocchi, melted leeks,  
compressed apple, caramelized honey gastrique

### **Soy Ginger Glazed Pork Belly 21**

green papaya salad, mango gel,  
shaved jalapeño, crispy onion & onigiri, spicy sweet & sour sauce

**Executive Chef**  
**Richard Benson**